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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name of the food Item | Servings Consumed | Total Fat Grams Consumed | Total Cholesterol Consumed | Total Sodium Consumed | Total Carbohydrate grams consumed | Total Dietary Fiber grams Consumed | Total Protein grams Consumed | Total Calories consumed with this item |
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**Food Log**

Total Calories Consumed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Activity Log**

|  |  |  |
| --- | --- | --- |
| **Acivity** | **Time** | **Calories Burned** |
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